Number 1(People Born on 1,10,19 & 28): Personality Traits, Affirmations & Remedies

These individuals are ruled by the Sun (Planet of Leadership, Confidence, and Power).

They are bold, ambitious, independent, and natural-born leaders. With a strong sense of self and a desire to shine, they often take charge and inspire others. Their strength lies in their determination and vision—but they must guard against arrogance, stubbornness, and ego-driven decisions.

Positive Personality Traits

- • Leader
- • Confident
- • Independent
- • Ambitious
- • Creative
- • Visionary
- • Determined
- • Courageous
- • Charismatic
- • Motivated

⚠ Negative Personality Traits

- • Egoistic
- • Arrogant
- • Stubborn
- • Dominating
- • Impatient
- • Controlling
- • Aggressive
- • Inflexible
- • Proud
- • Isolated

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Positive Affirmations

- • I shine my light and brighten the world around me.
- • I am born with natural leadership and the power to succeed.
- • I trust my inner guidance and make bold decisions.
- • I radiate confidence, courage, and clarity.
- • I am the creator of my own path and I lead with purpose.

3 Powerful Remedies to Strengthen the Sun (Number 1)

- **Respect your father** – Take his blessings daily if he is alive. If he has passed away, stand in front of his photo and silently seek his blessings. Gratitude toward your father strengthens your Sun energy.
- • Look into the mirror for 2 minutes every morning. Make eye contact with yourself and repeat your affirmations with confidence and love.
- • Use golden, orange, or red colors in clothing or surroundings, especially on Sundays.

Note:
For a deeper understanding of these personality traits, watch the detailed video on our YouTube channel.

- **Search:** *[Officalasmaachaudhry]* or click the link below (if digital): [https://www.youtube.com/@AsmaaChaudhryOfficial]

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